

COVID-19 Preparedness Plan for Homegrown Lacrosse

Homegrown Lacrosse is committed to providing a safe and healthy space for all of our staff and participants. To ensure we have a safe and healthy workplace, we have developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Our goal is to mitigate the potential for transmission of COVID-19 at our training sessions, practices, events, lessons, camps, and communities, and that requires full cooperation among our staff, coaches, parents, and players. Only through this cooperative effort can we establish and maintain the safety and health of all persons involved.

Coaches and staff are responsible for implementing and complying with all aspects of this COVID-19 Preparedness Plan. Homegrown Lacrosse coaches and staff have our full support in enforcing the provisions of this policy and we encourage our workers to ask questions, raise safety and health concerns, and offer suggestions related to the plan and its implementation.

Our coaches are our most important assets. We are serious about safety and health and keeping our coaches coaching for Homegrown Lacrosse. Coach involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. We have involved our coaches in this process by holding weekly phone conference meetings to discuss options and the actions that will be implemented moving forward. Our COVID-19 Preparedness Plan follows State of Minnesota Industry Guidance for our business, Centers for Disease Control and Prevention (CDC) Guidelines, federal Occupational Safety and Health Administration (OSHA) standards related to safety and health precautions required in response to COVID-19 and applicable executive orders. The plan addresses the following:

1. policies and procedures that assist in the identification of sick workers and ensure sick workers stay home;
2. implementation of engineering and administrative controls for social distancing;
3. worker hygiene and source controls;
4. workplace building and ventilation protocols
5. equipment cleaning and disinfecting protocols;
6. player drop-off and pick-up practices and protocols;
7. communications, training, and supervision practices and protocols.
8. what customers and clients can do to minimize transmission;
9. additional protections and protocols for receiving and exchanging payment;
10. additional protections and protocols for managing occupancy;
11. additional protections and protocols to limit face-to-face interactions; and
12. additional protection and protocols for distancing and barriers.

1. Policies and procedures that assist in the identification of sick workers and ensure sick workers stay home

Workers have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess workers' health status prior to entering the workplace and for workers to report when they are sick or experiencing symptoms.

Coaches or support staff with any COVID-19 symptoms must be at least 14 days postpositive test, with a minimum of 72 hours symptom-free and negative repeat COVID-19 test in order to return. Individuals require clearance from a licensed medical professional before return to play is granted.

Homegrown Lacrosse has implemented a leave policy that promotes workers staying at home when they are sick, when household members are sick, or when they are required to isolate or quarantine themselves or a member of their household.

Homegrown Lacrosse has also implemented a policy for informing workers if they have been exposed to a person with COVID-19 at their workplace and requiring them to quarantine for 14 days. In addition, a policy has been implemented to protect the privacy of workers' health status and health information.

2. Social distancing – maintaining six feet of physical distancing

Social distancing of six feet will be implemented and maintained between coaches and support staff through the following engineering and administrative protocols: Coaches will be assigned to a pod of players on half of the field and will be required to stay with that pod within their designated area until the completion of the event. The use of cones and other demarcation tools will be used to maintain adequate separation of workers.

Social distancing of six feet will be implemented and maintained between players within a pod through the following engineering and administrative protocols: No huddles; no pre-or post-activity in-person meetings. No handshakes, high-fives, fist-bumps, or skin-to-skin contact. Practices and drills will be designed specifically to avoid close contact between players. Cones will be used to space players 6 feet apart if there is any need for players to wait in line or stand near each other to hear instructions. Coaches will remain completely hands-off and coach through the use of verbal queues. No intermixing of players or coaches from another pod will be allowed (see [MDH Guidance for Social Distancing in Youth Sports](#)).

3. Worker hygiene and source controls

Worker hygiene and source controls are being implemented at our events at all times. All coaches and support staff will be required to wear cloth masks or face coverings. Hand sanitizer will be available and required before, during, and after all events.

4. Workplace building and ventilation protocols

All events and activities will take place outdoors in well-ventilated areas.

5. Workplace cleaning and disinfection protocols

Routine sanitizing of lacrosse balls, equipment, and high-touch areas have been implemented. Workers have been instructed that personal equipment should not be shared between coaching staff or borrowed to players.

Appropriate and effective cleaning and disinfectant supplies have been purchased and are available for use in accordance with product labels, safety data sheets, and manufacturer specifications, and are being used with required personal protective equipment for the product.

6. Player drop-off and pick-up practices and protocols

Players should wait in their cars with guardians until just before the beginning of the event. Parents and players should limit the use of carpools. Players are encouraged to ride with persons living in their same household. We have increased the amount of time between practice groups to allow for one group to leave before another group enters the facility and to allow time for cleaning and/or disinfecting.

No spectators (including parents or caregivers) are allowed on or near the field during practices or activities. Parents should stay in vehicles during practice. If absolutely necessary for them to be at practices or activities, proper social distancing is required between and the use of face coverings is highly encouraged.

7. Communications, training, and supervision practices and protocols

This COVID-19 Preparedness Plan was communicated by email to all workers on June 18, 2020, and all necessary training was provided during video conference calls. Managers and supervisors are to monitor how effective the program has been implemented during regular

weekly conference calls. Management and workers are to work through this new program together and update the training as necessary. This COVID-19 Preparedness Plan has been certified by Homegrown Lacrosse management and was posted throughout the workplace on June 18, 2020. It will be updated as necessary. For businesses that engage with customers and clients, your COVID-19 Preparedness Plan must include and describe how your business will implement components 8 through 12 (below) in compliance with the State of Minnesota Industry Guidance for your business.

8. What parents and players can do to minimize transmission of COVID-19

Stay at home if you are feeling sick or experiencing any of the following COVID-19 symptoms: People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea (see links below)*
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Clean and disinfect all equipment (including sticks, water bottles, helmets, pads, uniform).

**please remove and do NOT bring mouthguards to practice or training activities*

No sharing of equipment, water bottles, towels, food, or other personal items.

Before coming to an event, thoroughly wash hands with soap and water for at least 20 seconds (sing “Happy Birthday” twice) or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Provide your athlete with their own sanitizing options, including, but not limited to hand sanitizer and disinfectant wipes for use at the field.

We do not allow spitting and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds. If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.

Check the temperature of your athlete prior to attending any Homegrown Lacrosse event. Anyone with a temperature of 100.3 degrees or more should NOT attend practices or team activities and be seen and evaluated by a licensed medical professional before being cleared to participate.

Arrive dressed and ready to train.

Minimize the use of changing rooms, bathrooms, communal areas while on site.

Eat off-site. Bring your own water bottles.

Any tasks that can be done at home, should be done at home.

Cover your mouth and nose with elbow or tissue when coughing or sneezing.

Monitor athletes for any symptoms of anxiety, depression, or distress (i.e. not sleeping, low mood, eating, stomach aches before practice, etc.) and refer to a mental health professional.

Consistent with applicable law and privacy policies, all coaches, staff, umpires/officials, and families of players (as feasible) should self-report to the Homegrown Lacrosse organization if they have COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with other applicable laws and regulations.

9. Additional protections and protocols for receiving and exchanging payment

Payments must be made electronically through our online platform or by sending a check by mail so there is no face to face interaction involved with accepting payments.

10. Additional protections and protocols for managing occupancy

Participants must register ahead of time in order to attend an event. Event registration will be capped so that we meet all occupancy guidelines (see [MDH Guidance for Social Distancing in Youth Sports](#)).

11. Additional protections and protocols to limit face-to-face interactions

No huddles; no pre-or post-activity in-person meetings. No handshakes, high-fives, fist-bumps, or skin-to-skin contact. Practices will be well planned to avoid

No spectators (including parents) on or near the field during lacrosse practices or activities. Parents should stay in vehicles during practices.

Outdoor practices are recommended, over indoor practices, as outdoor venues are better ventilated than indoor venues.

Coaches should make the most of the time together: communicate pre-practice with athletes and parents, strategy, and more in-depth coaching all done virtually.

12. Additional protection and protocols for distancing and barriers

Focus on skill development. Keep any “play” or interaction between players contactless. Do not have intermixing between pods (groups).

Assign area that ensures adequate physical distance between each player, for them to place their equipment and water so that they can return to it during breaks in activity.

Practices should be efficiently planned to maximize player movement and minimize “together time”. Some coaching instruction should be delivered on-line, before or after group practice sessions. Players need to arrive at practice sessions promptly, dressed, and prepared. Kids need to be moving constantly throughout the practice.

Avoid contact drills or any drills that require standing in line.

Space players at least 6 feet apart on the field while participating in the sport (e.g., during warmup, skill-building activities, simulation drills)

Certified by: Ben MacLean

A handwritten signature in black ink, appearing to read "Ben MacLean". The signature is written in a cursive, flowing style.

Chief Operating Officer